



Hot Weather guidelines - Training

" The Club recommends that the guidelines for training in hot weather be similar to those issued by Athletics SA (*insert link*) however it is up to the coaches of the various squads to decide on appropriate conditions suitable to training when it is hot.

For those athletes that are schoolboys at St peter's College, they generally will not be expected to train in temperatures of 38° or above and the school will confirm that situation on the day of training or the day before training is due. This is a guideline only as there is no current written policy issued by the school."